Mental Health

What is Mental Health?

**Impacts**
- Think
- Feel
- Act
- Handle Stress
- Relate to Peers
- Make Choices

**Sources**
- Biological
- Life Experiences
- Family History

**Comprised of**
- Emotional,
- Psychological,
- & Social
- Well-Being

**Positivity**
- Helps you cope with stress
- Work productively
- Realize potential
- Contribute

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**Mental Health And Your Liver**

Chronic liver disease can lead to increased toxins in the body and lowered energy levels, which can cause “brain fog” and harm patients’ mental health.

Changes in mental state can be due to liver disease. Symptoms include changes in mood, altered sleep patterns, confusion, and drowsiness.

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**Doctor’s Tip**

Patients with chronic illnesses are more likely to suffer from depression and anxiety. These are both treatable conditions. - Dr. Bianca Chang, University of Chicago

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Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at [http://www.LiverFoundation.org/GreatLakes](http://www.LiverFoundation.org/GreatLakes)

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